

# CDC Influenza Prevention Toolkit

Click on a picture to learn about ways to prevent and care for flu this season.

## Real people.

It's not too late— Get your flu shot now.  
(for use where vaccine is available)

Talk to your doctor about ways to reduce complications from the flu.  
(for use where vaccine availability is limited)



You can help protect your family against the flu.

Healthy habits can help protect you from the flu.



Staying home when you have the flu is one way to help others from getting sick.

## Real solutions.

More Tools

Visit [www.cdc.gov/flu/](http://www.cdc.gov/flu/) Call 800-CDC-INFO; TTY: 800-243-7889  
The best protection against flu is to get vaccinated when possible.





Real people.

I'm ready for anything—even flu season.

"As a mom, keeping my family safe and healthy is my top priority. When we are on the go, running errands or going to a game, I help protect us from the spread of germs with alcohol-based hand sanitizers to clean hands and faces when we can't get to soap and water."

You can help reduce the spread of flu if you:

- Avoid close contact with people who are sick.
- Keep alcohol-based hand sanitizers in your purse, car and backpack, when soap and water is not available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw away your used tissue.

**You can help protect your family against the flu.**

Real solutions.

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The best protection against flu is to get vaccinated when possible.





Real people.

## I had to take a flu break.

"When I got the flu, my mom kept me home. I missed school, church and soccer practice. I couldn't see my friends at school and on the team, but my mom said I was helping others by not spreading my flu germs."

Since the flu can make some people really sick, or even kill them, everyone ought to stay home and see a doctor when they get sick.

Staying home when you have the flu is one way to help others from getting sick.

Real solutions.

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## Real people.

I practice healthy habits.

"I ride the train to work every day with people who may have colds or the flu. I don't want to get sick so I take good care of myself. I wash my hands frequently and keep gel sanitizers in my desk and briefcase, and use them often. I also keep myself healthy by exercising regularly, getting plenty of rest, and eating healthy meals."

Make these simple steps a part of your healthy routine:

- Clean your hands often.
- Avoid touching your eyes, nose or mouth as much as possible.
- Stay away from people who are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Get regular exercise, enough rest and eat healthy balanced meals.

Healthy habits can help protect you from the flu.

## Real solutions.

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The best protection against flu is to get vaccinated when possible.







## Real people.

### My doctor helped me fight the flu.

"I'm 74 and have a granddaughter who I want to see graduate from college next Spring. My heart disease means I could have serious complications if I get the flu. I haven't been able to get a shot this year, so, I called my doctor for advice."

An average of 36,000 people die each year from the flu— most are 65 years of age or older.

- If you're 65 or older or have a chronic disease, ask your doctor now about steps to take before you get sick.
- If you start to feel sick, call your doctor. Early treatment may help you get better sooner.

## Real solutions.

**Talk to your doctor about ways to reduce complications from the flu.**

Visit [www.cdc.gov/flu/](http://www.cdc.gov/flu/)

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.





Real people.

I learned it's not too late to get the flu shot.

"I'm 74 and have a granddaughter who wants me to see her graduate college next Spring. My heart disease means the flu could be even worse for me than others. So, I kept trying until I got my shot. My doctor said even January isn't too late to get vaccinated."

**An average of 36,000 people die each year from the flu— most are 65 years of age or older.**

- If you are at high risk, get your flu shot now. Call your state or local health department for locations near you.
- Flu season often peaks in February. Get your flu shot as soon as possible. A flu shot in January may still help you avoid the flu.
- A flu shot is your best protection against the flu.

Real solutions.

It's not too late – get your flu shot now.

Visit [www.cdc.gov/flu/](http://www.cdc.gov/flu/)

Call 800-CDC-INFO; TTY: 800-243-7889

A flu shot is your best protection against the flu.



Title	Sizes Available			Original Graphic Files Available	Translations Available					
	8½" x 11"	8½" x 14"	11" x 17"		Chinese	Romanian	Russian	Spanish	Tagalog	Vietnamese
"Real People - Real Solutions" Posters, Flyers, Etc.										
"I had to take a flu break" ( <a href="http://www.cdc.gov/flu/toolkit/stories/flubreak.htm">www.cdc.gov/flu/toolkit/stories/flubreak.htm</a> )	✓	✓		✓				✓		
"I'm ready for anything—even flu season" ( <a href="http://www.cdc.gov/flu/toolkit/stories/readyforanything.htm">www.cdc.gov/flu/toolkit/stories/readyforanything.htm</a> )	✓	✓		✓				✓		
"I learned it's not too late to get the flu shot" (for use where vaccine is available) ( <a href="http://www.cdc.gov/flu/toolkit/stories/over65-vacc.htm">www.cdc.gov/flu/toolkit/stories/over65-vacc.htm</a> )	✓	✓		✓				✓		
"My doctor helped me fight the flu" (for use where vaccine availability is limited) ( <a href="http://www.cdc.gov/flu/toolkit/stories/over65.htm">www.cdc.gov/flu/toolkit/stories/over65.htm</a> )	✓	✓		✓				✓		
"I practice healthy habits" ( <a href="http://www.cdc.gov/flu/toolkit/stories/healthyhabits.htm">www.cdc.gov/flu/toolkit/stories/healthyhabits.htm</a> )	✓	✓		✓				✓		
Fact Sheets for Everyone										
Key Facts About the Flu: How to Prevent the Flu and What To Do If You Get Sick ( <a href="http://www.cdc.gov/flu/keyfacts.htm">www.cdc.gov/flu/keyfacts.htm</a> )	✓				✓			✓	✓	✓
Antiviral Drugs and the Flu ( <a href="http://www.cdc.gov/flu/protect/antiviral">www.cdc.gov/flu/protect/antiviral</a> )	✓				✓			✓	✓	✓
Stopping Germs at Home, Work and School ( <a href="http://www.cdc.gov/germstopper/home_work_school.htm">www.cdc.gov/germstopper/home_work_school.htm</a> )	✓				✓			✓	✓	✓
Questions and Answers: Information for Schools ( <a href="http://www.cdc.gov/flu/school/qa.htm">www.cdc.gov/flu/school/qa.htm</a> )	✓									
Colleges and Universities: 2004-05 Influenza Season ( <a href="http://www.cdc.gov/flu/school/college.htm">www.cdc.gov/flu/school/college.htm</a> )	✓									
Protecting Against the Flu: Advice for Caregivers of Children Less Than 6 Months Old ( <a href="http://www.cdc.gov/flu/protect/infantcare.htm">www.cdc.gov/flu/protect/infantcare.htm</a> )	✓									
Stopping the Spread of Germs at Work ( <a href="http://www.cdc.gov/germstopper/work.htm">www.cdc.gov/germstopper/work.htm</a> )	✓				✓			✓	✓	✓
Business and the Workplace: 2004-05 Influenza Season ( <a href="http://www.cdc.gov/flu/protect/workplace.htm">www.cdc.gov/flu/protect/workplace.htm</a> )	✓									
Smoking and Influenza ( <a href="http://www.cdc.gov/flu/protect/smoking.htm">www.cdc.gov/flu/protect/smoking.htm</a> )	✓									
Fact Sheets for Health Professionals										
Preventing the Spread of Influenza (the Flu) in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff ( <a href="http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm">www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm</a> )	✓									
Influenza Antiviral Medications: 2004-05 Interim Chemoprophylaxis and Treatment Guidelines ( <a href="http://www.cdc.gov/flu/professionals/treatment/0405antiviralguide.htm">www.cdc.gov/flu/professionals/treatment/0405antiviralguide.htm</a> )	✓									
Other Posters, Flyers, Etc.										
Cover Your Cough ( <a href="http://www.cdc.gov/flu/protect/covercough.htm">www.cdc.gov/flu/protect/covercough.htm</a> )	✓		✓		✓			✓	✓	✓
Vaccination is Not the Only Way to Help Prevent the Flu ( <a href="http://www.cdc.gov/flu/professionals/flugallery/shortageflyers.htm">www.cdc.gov/flu/professionals/flugallery/shortageflyers.htm</a> )	✓		✓		✓	✓	✓	✓	✓	✓
Be a Germ Stopper ( <a href="http://www.cdc.gov/germstopper/materials.htm#germstopper">www.cdc.gov/germstopper/materials.htm#germstopper</a> )	✓									
Healthy Habits ( <a href="http://www.cdc.gov/germstopper/materials.htm#healthyhabits">www.cdc.gov/germstopper/materials.htm#healthyhabits</a> )	✓									

## Instructions for adding logos to PDF files:

### **Adobe Acrobat Professional:**

You can add graphics to Adobe PDF documents by copying an image from another PDF document or another application, and then pasting it in your PDF document as an image comment. If you want to add the image to PDF documents repeatedly, you may want to create a custom stamp of the image. (See Creating custom stamps.)

To paste an image from the clipboard:

1. In any application that contains graphics, select an image, and then choose Edit > Copy. Use the Select Image tool to select and copy an image in a PDF document. (See Copying images.)
2. Open the PDF document in which you want to paste the image.
3. Choose Paste Clipboard Image from the Attach File menu on the Advanced Commenting toolbar.
4. Click where you want the image to appear.
5. Do any of the following:
  - Using the Hand tool, drag the image to move it, or drag one of its handles to resize it.
  - To change its properties, right-click (Windows) or Control-click (Mac OS) the image, and then choose Properties.
  - To delete the image, right-click (Windows) or Control-click (Mac OS) the image, and then choose Delete Comment.

### **MS Word**

1. Create New document
2. With cursor at top of page
3. Choose Insert > Picture > From File...
4. Locate and select CDC Toolkit JPEG file, then choose Insert
5. Repeat steps to add your logo
6. Choose Insert > Picture > From File
7. Locate and select your logo and choose Insert
8. (Double click on the logo once it appears in your document)
9. Go to Layout tab and choose In Front of Text button
10. Place logo in desired location on page

### **Powerpoint**

1. Choose Insert > Picture > From File...
2. Locate and select CDC Toolkit JPEG file
3. Choose Insert > Picture > From File
4. Locate and select your logo and choose Insert
5. Place logo in desired location on page